



8-Week Mindfulness-Based Stress Reduction Course

The demands of daily life, health problems, and stress can contribute to irritability, anxiety, decreased efficiency at work, and relationship difficulties. Learn to get in touch with your body and to relax efficiently and effectively through Mindfulness-Based Stress Reduction (MBSR). This unique meditation technique will enable you to develop a heightened awareness of your body and your emotions, take charge of your life and learn to consciously and systematically work with your personal challenges and demands of everyday life. The MBSR Course is held on Wednesday evenings. See below for schedule.

Fall Orientation: September 4, 2019
6:30 – 8 p.m.

Fall Session: September 18 – November 13, 2019
6 – 8:30 p.m.
All Day: October 26, 2019

Winter Orientation: January 15, 2020
6:30 – 8 p.m.

Winter Session: January 29 – March 18, 2020
6 – 8:30 p.m.
All Day: March 8, 2020

Location: Valley Center for Health and Wellness
1400 MacArthur Boulevard, Mahwah

Fee: \$450/\$375 for members of Valley Health *LifeStyles*

For more information or to register, please call **201-291-6090** or email knewber@valleyhealth.com.